



# Cheesy Chorizo Bean Quesadilla

**Makes:** 6 Servings

Mexican Chorizo (made with low fat ground turkey) gives this quesadilla a spicy Hispanic flair.

## Ingredients

**9 ounces** ground turkey (97% Lean)

**1/4 teaspoon** salt

**1 tablespoon** chili powder (Plus 1 additional teaspoon)

**3/4 teaspoon** Ground Oregano

**2 teaspoons** ground cumin

**1 1/2 teaspoons** ground coriander

**1 teaspoon** Crushed red pepper flakes

**2 1/2 teaspoons** cider vinegar

**2 teaspoons** Garlic, raw, minced

**1/4 cup** Onions, raw, chopped

**1 cup** Kale, raw, chopped

**8 ounces** Beans, Pinto, canned, drained

**6 ounces** Cheese, low-fat, cheddar

**2 tablespoons** Cilantro, fresh, chopped

**2 1/4** 12" Tortilla

## Directions

1. Chorizo mixture: Mix the first 9 ingredients in a bowl. Cover with plastic wrap and refrigerate overnight. CCP: Hold at 41°F or lower.
2. In a skillet heat the oil until hot but not smoking. Add the onions and saute until soft. Add the Chorizo mixture, saute until the turkey is browned and reaches 165°F. CCP: Heat to 165°F for at least 15 seconds
3. Stir in chopped kale and drained beans to the Chorizo mixture until the kale begins to wilt and mixture reaches 155°F. CCP: Heat to 155°F or higher for at least 15 seconds
4. Remove mixture from the heat, fold in shredded cheese and fresh cilantro. Divide mixture evenly (approx 2 cups) over 1-12" tortilla. Place another 12" tortilla on top.
5. Place on sheet pan sprayed with pan spray or lined with parchment paper. Note: For 6 servings you will need to use 1/5 of two 12" tortillas to make the sixth serving.
6. Bake at 400°F in an oven until crisp, approx. 7-10 minutes. Cut the quesadilla into five equal sized wedges. CCP: Heat to 165 degrees or higher for 15 seconds.
7. Optional serve- 1 quesadilla wedge with 1 oz. fresh lettuce and 1oz. fresh diced tomatoes. CCP: Hold at 140 degrees or higher.

## Notes

### Serving Tips:

We've added pinto beans, "A Fiber All Star" loaded with lots of good vitamins and minerals, and kale, which is a vegetable super power. It also has everyone's favorite: low-fat cheddar cheese. This combination is spread onto a flour tortilla and served piping hot. You won't be disappointed with this healthy version of a quesadilla. It will make your mouth water and your heart sing!

**Source:** Sartell Middle School (Recipes for Healthy Kids Challenge)